

## Learning Package Impact On Anger Level Among Nursing Undergraduates

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### Abstract

**Background:** Anger is a feeling that refers to a strong comfortless and awkward reaction to anticipated provocation, threat, or hurt. Therefore, present study aims to assess the effectiveness of planned teaching programme on anger management among nursing students.

**Materials and Methods:** Quantitative approach with pre experimental research design was utilized to conduct present study. A sample of 60 nursing students was selected for the study through purposive sampling technique. **Results:** The mean pre – test anger score is 62.85 and mean post –test anger score is 45.30, with mean difference is 17.55, the Paired 't' test value was 12.6862 was greater than table value (2.00 at df 59) at .05 level of significance. This shows that there is significant difference between the pre-test and post-test anger level among nursing students after structured teaching program. The findings revealed that there was no significant association between pre-test knowledge anger score with any of demographic variable.

**Conclusion:** Findings of our study strongly recommend the need for conducting education program to manage anger among nursing students. Adequate knowledge about anger management techniques is much needed among nursing students for better and educational and learning experiences.

**Keywords:** Effectiveness, Anger, Nursing students, Anger management, Planned teaching programme

### Introduction

Anger is a feeling that refers to a strong comfortless and awkward reaction to anticipated provocation, threat, or hurt. When individual boundaries get ruined, then wrath gets roused. Some even express that making out with anger can also happen when an

individual feels their confines are being or going to be breached.<sup>1</sup> Anger is a highly social emotion. Most people know what it is like to play the part of the angry actor or be a bystander to, or recipient of, somebody else's wrath. It is commonplace to witness the exchange of angry expressions between other individuals in real life, on stage, or in the

media.<sup>2</sup> Anger could be considered as desirable, because, it is a way for a human to show off her/his negative feelings. In addition, it is the underlying motif of many courage and valor actions in battle and military situations.<sup>3</sup>

Most of the time, anger is a result of harmful and/or unexpected interpersonal relations. If there would come any kind of conflict and dissatisfaction in interpersonal relations, it might be a trigger of frustration and anger. On the other hand, anger can also develop dissatisfaction by increasing the annoyance and hence, this void cycle can increase tension in social aspects of life.<sup>4</sup>

Majority of the adolescents had moderate level of anger. There was significant association between mothers education, type of family and anger levels in adolescents. Majority (41%) of the adolescents expressed their anger by shouting and fighting. There was significant gender difference in the frequency, expression, reasons and ways of decreasing anger among adolescents.<sup>5</sup> The impact of anger if it is not able to be controlled will be detrimental to both itself and the environment. Thus, having anger control ability is one way to avoid negative impacts as an individual's anger response. This anger control ability is called anger management.<sup>6</sup> Jilal AS et al (2019) found highest frequency of anger in first-year students (97.5%), followed by the fourth year (97.4%), final year (97.2%), third year (95.7%), and second year (91.9%) among medical students.<sup>7</sup> Rakesh K et al (2021) revealed that the maximum students (34.13%) severe level of anger in his study to assess the level of anger among adolescent's students.<sup>8</sup> Kaveh MH et al (2022) revealed effectiveness of educational intervention on reducing aggression among male students. After two months of intervention, the mean score of the aggression behaviors in students in the experimental group showed a remarkable improvement in the experimental group, while the control group showed no significant difference.<sup>9</sup>

Researcher found through his own experience that nursing students are involved in quarrelling, fighting with their class mates and abusing to others in many ways due to various reasons. By providing

planned teaching program to nursing students regarding anger management, will help them to understand anger, its process, causes, impacts and encourage them to get rid of such problem and in future they will be aware of the consequences of anger on their overall health and other aspects of life.<sup>10</sup>

### **Objectives**

1. To assess the level of anger among nursing students before and after intervention.
2. To evaluate the effectiveness of planned teaching program on the level of anger among nursing students.
3. To find out the association of the pre-test level of anger among nursing students with their selected demographic variables

### **Research Methodology**

**Research Approach:** - Quantitative approach

**Research Design:** - Pre experimental one group pretest post-test research design.

**Research Setting:** Study was conducted at SMS College of Nursing Jhalawar, Rajasthan.

**Population:** - Study population consisted nursing students studying in SMS College of Nursing Jhalawar, Rajasthan.

**Sampling Technique and Sample:** 60 nursing students selected as sample who were studying in SMS College of Nursing Jhalawar, Rajasthan and who met the inclusion criteria. Purposive sampling technique was used.

**Research Tool:** The tools selected for the present study divided in three sections.

**Section I:** - Socio-demographic variables included 7 items such as age, gender, religion, Family income per month, place of stay, Family member's habits of smoking, tobacco chewing, alcoholism and drug addiction and attended any educational program related to anger management.

**Section II:** - Modified anger scale tool was used for the study to measure the anger for adolescents. The subject is asked to choose one response from the five choices given for each Questionnaire. The tool has totally twenty-five questionnaires. Each

question has 5 possible responsible responses is scored as 0 to 4.

**Data Collection:** The period of data collection was 4 weeks from 23.07.2025 to 23.08.2025

**Data Analysis:** The data collected was organized, tabulated, summarized, analyzed and presented in the forms of tables, bar diagrams and pie diagrams on the basis of objectives of the study using descriptive and inferential analysis

**Ethical Consideration:** Permission was obtained from the principal of Jhalawar College of Nursing Jhalawar. Oral and written consent was obtained before starting the data collection. Assurance was given to them that anonymity of each individual and confidentiality would be maintained throughout the study.

### Results

According to table 1, majority of nursing students 26 (43.33%) were in the age group of 19-20 years, 19 (31.67%) were in the age group of 21-22 years, 09 (15%) were in the age group of 17-18 years and 06 (10%) were in age group of more than 22 years. As per religion majority of nursing students 45 (75%) were Hindus, 11 (18.33%) were Muslims, 04 (6.67%) were Christians. According to gender majority of nursing students 38 (63.33%) were male and 22 (36.37%) were female. As per monthly family income, majority of nursing students 25 (41.67%) monthly family income was above 30001 Rs. According to place of staying, majority of nursing students 37 (61.67%) were staying in hostel, 12 (20%) were staying at home with parents, 07 (11.67%) were staying in rented room and 04 (6.67%) were staying as paying guest. Regarding

family member's habits of smoking, tobacco chewing, alcoholism and drug addiction, 50 (83.33%) nursing student's family members had no such habits while 10 (16.67%) family members had such habits. Regarding attended any educational program related to anger management, 55 (91.67%) nursing students had not attended while 05 (8.33%) students had attended such programs.

**Figure 1**, reveals that pre – test majority of nursing students, 31 (51.67%) had average amount of anger, 13 (21.67%) were more peaceful than the average, 11 (18.33%) were more irritable, 05 (8.33%) had low anger and none had frequent intense anger. But in post-test majority of nursing students, 29 (48.33%) were more peaceful than the average, 25 (41.67%) had low anger, 06 (10%) had average amount of anger and none had more irritable & frequent intense anger

**Table 2**, shows that the mean pre – test anger score is 62.85 and mean post –test anger score is 45.30, with mean difference is 17.55, the Paired 't' test value was 12.6862 was greater than table value (1.98 at df 59) at .05 level of significance. This shows that there is significant difference between the pre-test and post-test anger level among nursing students after structured teaching program.

**Table 3**, shows that there was no significant association found between the pre-test anger score among nursing students with demographic variables like age, religion, gender, monthly family income, place of staying, family member's habits of smoking, tobacco chewing, alcoholism and drug addiction and attended any educational program related to anger management.

**Table: 1. Distribution of samples according to socio demographic variables (N=60)**

S. No.	Demographic Variables	Freq.	%
1.	Age (in years)		
a)	17-18 years	09	15%
b)	19-20 years	26	43.33%
c)	21-22 years	19	31.67%
d)	> 22 years	06	10%
2.	Religion		
a)	Hindu	45	75%
b)	Muslim	11	18.33%
c)	Christian	04	6.67%
d)	Others	00	00%

S. No.	Demographic Variables	Freq.	%
3.	Gender		
a)	Male	38	63.33%
b)	Female	22	36.37%
4.	Monthly family income		
a)	Below Rs. 10000	09	15%
b)	Rs. 10001-20000	13	21.67%
c)	Rs. 20001-30000	13	21.67%
d)	Above Rs. 30001	25	41.67%
5.	Place of staying		
a)	Home with parents	12	20%
b)	Hostel	37	61.67%
c)	Paying guest	04	6.67%
d)	Rented room	07	11.67%
6.	Family member's habits of smoking, tobacco chewing, alcoholism and drug addiction Yes		
a)	No	10	16.67%
b)	Yes	50	83.33%
7.	Attended any educational program related to anger management		
a)	Yes	05	8.33%
b)	No	55	91.67%

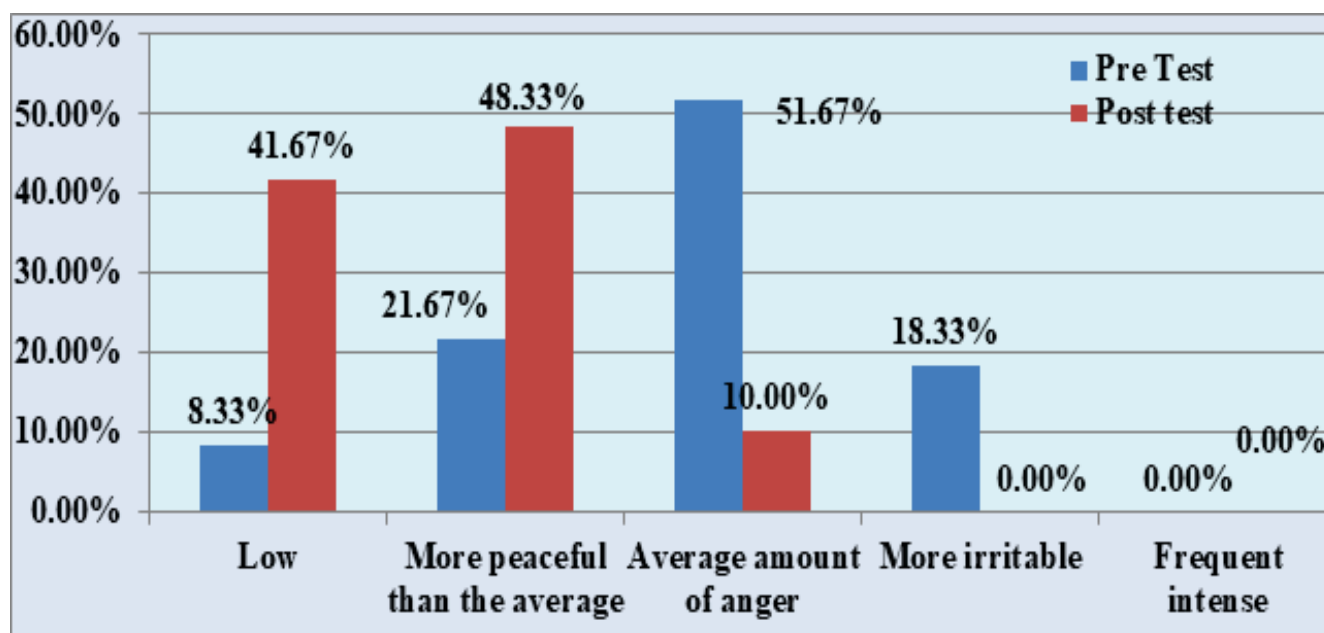


Figure 1. Pre-test and post-test level of anger among nursing students (N=60)

Table: 2 Comparison of Pre-test and post-test level of anger

Sr. No.	Observation	Mean	SD	Mean Difference	Paired 't' value
1	Pre-test	62.85	12.26	17.55	12.6862 (p=.0001)
2	Post-test	45.30	6.79		

S. No	Demographic Variables	Level of Anger			X2	Table Value	Level of Significance
		Low + More peaceful than average	Average amount of anger	More irritable+ frequent intense			
1.	Age (in years)						
a)	17-18 years	02	04	03	2.87	12.59	NS
b)	19-20 years	08	13	05			
c)	21-22 years	06	10	03			
d)	> 22 years	02	04	00			
2.	Religion						
a)	Hindu	12	26	07	2.98	9.49	NS
b)	Muslim	04	04	03			
c)	Christian	02	01	01			
d)	Others	00	00	00			
3.	Gender						
a)	Male	12	19	07	0.14	5.99	NS
b)	Female	06	12	04			
4.	Monthly family income						
a)	Below Rs. 10000				5.38	12.49	NS
b)	Rs. 10001-20000	03	04	02			
c)	Rs. 20001-30000	03	10	00			
d)	Above Rs. 30001	04	06	03			
5.	Place of staying						
a)	Home with parents	06	04	02	4.76	12.49	NS
b)	Hostel	10	20	07			
c)	Paying guest	01	03	00			
d)	Rented room	01	04	02			
6.	Family member's habits						
a)	Yes	03	05	02	0.02	5.99	NS
b)	No	15	26	09			
7.	Attended any educational program related to anger management						
a)	Yes	02	03	00	1.25	5.99	NS
b)	No	16	28	11			

## Discussion

As per our study findings 16.67% family members of nursing students had habits of smoking, tobacco chewing, alcoholism and drug addiction. Our study result supported by National Survey on Extent and Pattern of Substance Use in India (2019)<sup>10</sup> in which 14.6% of population use alcohol and 28.6% of the population use tobacco products in India. Kumar DS et al (2020)<sup>11</sup> also revealed that the total prevalence of substance use was found to be 27%. Among the study participants, 22% have used

tobacco at least once in a lifetime and prevalence of alcohol use was 8.2%. Rajpal S et al (2025)<sup>12</sup> found that Between 2016 and 2021, alcohol and tobacco consumption among men in India declined significantly, with national alcohol usage dropping from 29.2% to 17.5% and tobacco from 44.5% to 32.6%, while in Rajasthan it declined from 15.9% to 9.8% in alcohol uses and 46.9% to 35% in tobacco consumption.

Present study also showed that there was no significant association found between the pre-test

anger score among nursing students with demographic variables like age, religion, gender, monthly family income, place of staying, family member's habits of smoking, tobacco chewing, alcoholism and drug addiction and attended any educational program related to anger management. Kumar S et al (2023)<sup>8</sup> found similar result as their study revealed no relationship of anger level among adolescents with their demographic levels. While Gijwani D et al (2021) revealed contradictory findings in which she found that higher aggression was seen in male participants in the age group of 18–21 years and in the 1st year of nursing students.

**Conclusion:** - Findings of our study strongly recommend the need for conducting education program to manage anger among nursing students. Adequate knowledge about anger management techniques is much needed among nursing students for better and educational and learning experiences.

**Limitations:** The small size (60) of the sample made it difficult to draw generalization. Purposive sampling technique restricts the amount of information that can be obtained from the respondents. Time shortage and fewer resources were also limitations.

**Source of Funding:** Researcher had self-financed the present study.

**Conflict of Interest:** There was no conflict of interest involved while conducting the present study.

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**Conflicts of interests:** There is no conflict of interest

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